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NEWS WORTH SHARING.

‘I’m going to fight back’

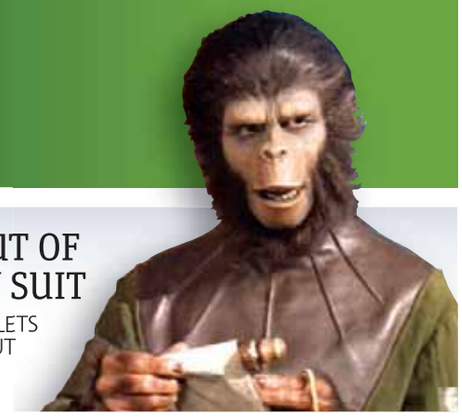
Robertson blasts political rivals for allegedly spreading infidelity rumours PAGE 15

Pop goes the soda tax?

San Francisco and Berkeley, Calif., aim to pass per-ounce taxes on sugary drinks PAGE 10

Harry Potter and the Goblet of Middle Age

Beloved characters return in new short story PAGE 12



GLAD TO BE OUT OF THAT MONKEY SUIT

MODERN MOVIE MAGIC LETS ACTORS GO APE WITHOUT SPENDING HOURS IN THE MAKEUP CHAIR PAGE 12

HARD LOSS TO SWALLOW

An emotional Brazil fan reacts after his team is defeated by Germany 7-1 during the 2014 World Cup semifinal match on Tuesday in Belo Horizonte. The loss was Brazil’s heaviest in World Cup history, leaving the host country stunned. Story, page 24. LAURENCE GRIFFITHS/GETTY IMAGES

Old rascal goes out in style

George Ferguson. Humorous obituary honours Victoria rogue’s exploits

Between his drunken scooter jaunts and women-charming ways, George Ferguson was a troublemaker whose reputation preceded him in Victoria’s Oak Bay community.

But Ferguson, 77, who died June 29, likely never expected that notoriety to go worldwide after a tongue-in-cheek obituary detailing his colourful exploits became an online sensation this week.

“What to say about George?” the obituary reads. “Certainly, no one could accuse him of having been a loving son, brother or father. He’d gladly have stolen the shirt off your back and he was generous to a fault with other people’s money.”

Ferguson’s eldest daughter Karen Shirley, who penned the piece, said she didn’t always have a positive relationship with her father. Still, she wanted to inject humour into his final send-off so she would have at least one good story about her father.

“There were so many people who were hurt by him that I couldn’t write an obituary that was just nice,” she told Metro. “I just wanted it all to be less ugly.”

And after hearing about some of her father’s escapades, many of which she considered “very funny,” Shirley said it only made sense to document it with a sense of humour.

Shirley said her father donned many hats in his life.

For years he was a United Church minister, though “it is impossible to say whether or not George was actually religious,” she wrote in the obituary.

In the 1970s, Ferguson was also an early owner of The Blethering Place, a popular Oak Bay tearoom and restaurant.

Local Ken Agate, who later also owned the The Blethering Place, said he had known Ferguson for about 30 years but never considered him a friend.

“I humoured him as I think many people did,” Agate said. “But he wasn’t somebody that I liked. I found him very interesting, but he wasn’t what I would say likable.”

When he wasn’t getting drunk and recklessly driving his scooter through Oak Bay’s streets, Shirley said, her father, who married three times, was a constant Casanova who was always looking to “charm another woman into supporting him.”

By the time he was admitted to hospital for a gastric bleeding, Shirley said her dad had decided he was ready to “check out” of life and refused treatment.

Even in death, however, Ferguson still managed to get up to his usual troublemaking, she detailed in the obituary.

The timing of his death was “impeccable,” she wrote. “The next day we found out that he had been racking up ominous bank and credit-card debts.” THANDI FLETCHER/METRO

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Strike

School board calls for binding arbitration in teachers' dispute

Binding arbitration is the only way to end the B.C. teachers' strike, according to the Vancouver School Board.

After a motion was passed at its July 7 meeting, board chair Patti Bacchus sent an open letter to Minister of Education Peter Fassbender and B.C. Teachers Federation president Jim Iker on Tuesday, calling for both sides to accept binding arbitration.

"The provincial government/B.C. Public School Employers' Association and the BC Teachers' Federation have been unable to come to a negotiated settlement after months of bargaining, phased-in job action and a partial lockout," writes Bacchus. "The dispute continues to cause disruption and harm to British Columbia's world-class public education system. Student and families depend on our public schools and deserve to see this dispute resolved well in advance of the 2014/2015 school year."

The teachers' strike looks like it will continue well into the summer, with Supreme Court Justice Stephen Kelleher last week opting out of being a mediator in the dispute because the sides are too far away.

While close on salary and term, Fassbender has insisted that the BCTF's benefits proposal is out of the "affordability zone."

The BCTF, meanwhile, says government has been unwilling to offer new funding for class size, composition and staffing issues.

MATT KIELTYKA/METRO

A land before time

Tiny, ancient hedgehogs and pre-historic tapirs once roamed the Bulkley Valley in northern B.C., many millennia ago when the area was a temperate oasis from the surrounding tropics. An expedition of scientists found fossils of the 50-million-year-old mammals in Driftwood Canyon near Smithers — the first mammal remains found preserved in the well-known fossil beds of a provincial park.

THE CANADIAN PRESS/CONTRIBUTED, ILLUSTRATION BY JULIUS T. CSOTONYI

City's mayor calls affair rumours 'B.S.'

'Over and done with'. Robertson claims the scandal was a political campaign against him

EMILY JACKSON
emily.jackson@metronews.ca

Vancouver Mayor Gregor Robertson came out swinging at city hall on Tuesday against rumours of infidelity in the wake of his separation from his wife.

When he addressed reporters for the first time since the scandal erupted over the weekend, Robertson defended his political party Vision Vancouver's decision to circulate an email from rival party NPA vice-president Rob Macdonald. That email contained allegations of the mayor's "philandering" which otherwise may have remained out of the public eye.

(The email was the first time Metro and many other news organizations heard of either the rumours or the separation.)

"Frankly it's not fair to my family, to my kids, to my wife. I'm going to fight back," Robertson said.

"I think it was important that the public understand the kind of B.S. that was being circulated as a political campaign. When there's no ideas, no candidates coming from the NPA, this is their campaign and that's not fair."

Robertson won't seek legal action against the NPA, which Vision accuses of spreading the rumours online and discussing as a campaign strategy at a meeting attended by Macdonald.

"Certainly I'm not looking at legal action or anything that keeps this out in the public eye in particular," Robertson said. "As far as I'm concerned, this is over and done with."

Robertson does not think the rumours will have any impact on the election, and he "absolutely" thinks the public is satisfied that there were no inappropriate relationships.

For his part, the NPA's Macdonald has said the NPA "has not and will not be a part of the rumour mill" surrounding the separation.

The NPA has yet to name a mayoral candidate, but expected candidate Kirk LaPointe issued a statement saying private matters are irrelevant unless they impact duties.

"Nothing positive comes from the discussion of personal issues. Respect for public life includes a respect for private lives," LaPointe wrote.

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Compass cards delayed ... again

TransLink. TransLink says project put on hold until performance and technical issues of card validators are fully sorted out

MATT KIELTYKA
matt.kieltyka@metronews.ca

TransLink's planned rollout of Compass cards, its electronic fare card program, will be delayed further. JENNIFER GAUTHIER/METRO FILE

Technical issues still need to be resolved before Compass cards are rolled out to the general public, TransLink says.

The transportation authority gave an update on the $194-million project Tuesday, saying the electronic fare card program has been delayed until the performance and technical issues of mobile card validators on buses are sorted.

No timeline has been given for the next phase of the project, with TransLink only promising to offer another update in October.

"We're going to do it right and we need to take a really long-term view," TransLink COO Doug Kelsey told Metro.

Kelsey said the problems have been restricted to validators on buses specifically, with the time it takes to "tap out" on a bus ranging anywhere from 0.3 seconds ("which is good") to two seconds or more.

And sometimes, the readers don't recognize the card at all.

While card readers are working robustly at rapid transit stations, the error rate of validators along bus routes has been an unacceptable eight per cent, he said.

"They're not reading consistently," Kelsey said.

The contractor, Cubic Transportation System, is working on a fix, but has yet to get a handle on the source of the problem.

Cubic is confident a solution can be found by September, "but then we've got to test it" before TransLink can proceed with the project, Kelsey said.

TransLink seemed set to roll out the Compass cards in January, after 10,000 transit users successfully beta tested the cards, which require riders to "tap" on and off on buses and at fare gates on the SkyTrain and Canada Line, between Sept. 9 and Oct. 1, 2013.

The authority hoped to next implement the system on the West Coast Express that fall, but the persistent technical issues delayed the next phase to late spring and now indefinitely.

Meanwhile, the cards are currently being tested systemwide by 67,000 elderly and disabled costumers and 12,000 TransLink employees.

Kelsey said the delays will not cause the program's budget to increase.

The system is being designed, installed and operated by Cubic Transportation System, which has experience delivering automatic fare collection systems in London, England, Atlanta, Los Angeles, San Francisco, Miami and Brisbane, Australia.

'You can't legislate love'

It's going to be a lonely quest for the councillor that wants Vancouver to secure a home for love locks.

City council shut down NPA Coun. George Affleck's proposal to have city staff find a permanent home for the symbols of undying love, padlocked to bridges or fences by lovebirds around the world.

"You can't legislate love," Vision Vancouver Coun. Kerry Jang said. "Love can happen anywhere."

Love locks have sprouted spontaneously around the city at the whim of lovers, and city council shouldn't step into that, Jang said, even though residents have been upset when the city chops down the padlocks without notice.

That's simply protocol around the world to avoid crippling infrastructure with the weight of true love, Jang said, pointing to a wall in China where he and his wife placed a love lock. (That lock has since been removed.)

"When they get full, they take them down. If it's a safety issue, we'll take them down. Our love still endured," Jang said.

Rather than dedicating staff time, city council will send Affleck on a solo mission to find a location for people to lock their love down. His budget? Zero.

Affleck was quick to crowdsource his quest on Twitter. People can suggest locations under the hashtag #vanlovelocks.

The park board intends to discuss potential sites at its next meeting.

EMILY JACKSON/METRO

Love locks on the Burrard Bridge in 2013 before the city chopped them down. EMILY JACKSON/METRO FILE

City wants province's help to end homelessness by 2015

On the streets.
Homelessness soared in 2014 because of delays in opening housing sites

In a major setback to Mayor Gregor Robertson's election pledge to end homelessness by 2015, the number of people sleeping rough nearly doubled to 538 this year.

But with new housing finally coming on stream and, hopefully, a little help from the province, Vancouver believes it can get to zero people sleeping on the streets by next spring.

"It's definitely in the realm of possibility," city manager Penny Ballem said while presenting the strategy to council on Tuesday. "This is not magical thinking."

To meet the goal, the city will ask the province for $250,000 for 100 rent supplements for single room occupancy hotels (SROs), expedite grants to improve SROs (many are in deplorable condition) and lobby for money for 160 winter shelter beds, Ballem said.

Rent supplements will keep a roof over the heads of people who can afford only the $375 per month shelter rate when landlords bump the rent after renovations, she said.

The Ministry of Health will also invest in new housing and homeless services for youth (it will announce this initiative later this month) to help those coming out of foster care, a major driver of homelessness.

Three additional B.C. Housing sites will open in Vancouver before next spring, although construction delays could prevent 147 units from opening at 220 Princess Ave.

Adding the extra units up will take the street homeless count to zero if there aren't any hiccups in the plan, according to the city's math.

Homelessness soared in 2014 because of delays in opening B.C. housing sites, delays in opening interim housing such as the Biltmore, the end of the At Home/Chez Soi program that housed people with mental health issues, renovations to SROs that displaced residents and only 105 winter shelter beds compared to 160 in previous years, Ballem said.

But it was the city's choice to open only two winter shelters last year, according to an emailed statement from B.C. Housing. The province has provided $1.6 million for winter shelters the past several seasons, and in 2013 the city instead allocated some of it to rent supplements, interim housing at the former Ramada on East Hastings and the Empress Rooms for women.

A person sleeps rough in Vancouver's Downtown Eastside on April 23, 2014. MATT DESOUZA/METRO FILE

The province did not say if it will fund additional rent supplements on top of winter shelters, but it will "continue to work in partnership with the City of Vancouver to address the issue of homelessness."

EMILY JACKSON/METRO

Woman critically injured, dog dead after crash

The 66-year-old female victim of a crash is treated in Surrey on Monday.
SHANE MACKICHAN/FOR METRO

A woman is in hospital with critical injuries and her dog is dead after being struck by a car in Surrey late Monday night.

"She's fighting for her life right now," said Cpl. Bert Paquet, spokesman for Surrey RCMP. "She has very extensive and significant injuries."

The crash happened around 10 p.m. near the intersection of King Boulevard and 34th Avenue, according to RCMP.

Witnesses told police that the driver of a grey Mercedes SUV was travelling northbound on King George Boulevard when she attempted to pass a vehicle on the right shoulder before colliding with a car that was illegally parked and unoccupied.

The impact sent the parked car into a utility pole, while the Mercedes SUV hit a pedestrian and her dog that were walking northbound on King George.

The pedestrian, a 66-year-old woman from Surrey, was airlifted to hospital in critical condition with extensive injuries, said Paquet.

Her dog died at the scene, he said.

The driver, a 17-year-old Surrey girl, stayed at the scene and suffered minor injuries, said Paquet.

The driver also had five passengers in the SUV with her, which Paquet said is over the limit of her driving restrictions. Some of those passengers left the scene immediately after the collision but later returned, he said.

Following the crash, the driver was taken into police custody, but has since been released, said Paquet. Police are continuing to investigate the driver for dangerous driving causing bodily harm, and other factors that may have contributed to the crash such as speed, driving behaviour, alcohol or drugs.

She will likely face criminal charges, said Paquet.

Anyone with information is asked to contact Surrey RCMP at 604-599-0502 or, if they wish to remain anonymous, Crime Stoppers at 1-800-222-8477. THANDI FLETCHER/METRO

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New Westminster. Police report spike in car thefts

Car thefts in New Westminster have risen dramatically so far this year, according to police.

The New Westminster Police Department announced Tuesday they are taking immediate steps to try to curb a jump in stolen vehicles after reporting there have been 120 vehicles reported stolen and 53 reported attempted thefts from Jan. 1 to June 30.

Those numbers outpace the 71 reported thefts and 19 reported attempts during the same six-month period in 2013.

"Quite simply, we are not going to accept this kind of bump in our auto-theft rates — we are going to be aggressive and target those responsible," said Chief Dave Jones.

New Westminster police are planning to liaise closer with the provincial auto-theft unit and increase surveillance of known suspects, forensic processing of recovered stolen vehicles and compliance checks for prolific offenders.

Police are also warning residents to be vigilant and recommend drivers use anti-theft devices, park in secure or well-lit areas and not leave garage openers in vehicles.

Car thefts in New Westminster have been dropping consistently year-over-year.

There were 172 reported cases of vehicle theft in 2013, down from 270 in 2010.

MATT KIELTYKA/METRO

Report. Don't use subway as an excuse for density: Urban Land Institute

A subway is Vancouver's best bet for transit along the Broadway corridor from Commercial to UBC, but that doesn't mean it needs to come with highrises.

So recommends an international panel of experts from the Urban Land Institute in their final report on the future of the $3-billion rapid-transit project the city is lobbying for.

A subway should not drive massive re-zoning in the western neighbourhoods in order to preserve their charm, the report states. Instead, the city should build out the remaining 40 per cent of the central core between Cambie and Arbutus where zoning already exists for commercial and residential properties.

Although the market may dictate future development decisions, the panel warned that the local neighbourhoods fear towers.

Density should be higher closer to transit stops so people can easily access transportation, but the panel warned the city to involve the community in the planning.

EMILY JACKSON/METRO

B.C. students' work will help doctors in Uganda

University of B.C. engineering students show off a drill cover developed at the request of doctors in Uganda who weren't able to perform surgeries as often as they needed because of a slow sterilization process at their hospital. The drill cover allows them to perform more surgeries and improve patient access to surgical treatment. Pictured from left are students Justin Lam, Michael Cancilla, Lawrence Buchan, Elise Huisman and Florin Gheorghe. CONTRIBUTED

Defence lawyer calls Le deceitful witness

Surrey Six. Former gang leader called 'one of the worst witnesses' lawyer has ever seen

A former gang leader who defected to the Crown at the trial involving the murders of six people is a violent, conniving and greedy man who lied on the stand in a calculated attempt to escape a life sentence, a defence lawyer said Tuesday.

Simon Buck described former Red Scorpions gang leader Michael Le as one of the most unreliable witnesses he's ever encountered.

"Mr. Le was argumentative, evasive, sarcastic and impertinent," said Buck, who represents Cody Haevischer, to a B.C. Supreme Court judge.

"This is one of the worst witnesses that I've ever seen."

Haevischer and Matthew Johnston are each charged with conspiracy and six counts of first-degree murder in the deaths of six people, including two innocent bystanders, in a Surrey highrise condominium in October 2007.

Le was also charged with conspiracy and one count of first-degree murder. He sat beside Haevischer and Johnston in the prisoners' box until he entered a surprise guilty plea last fall.

As part of a plea deal, Le agreed to testify. In exchange, the Crown dropped the murder charge and signed off on a sentence that could see Le eligible for parole by the end of this year.

The Crown's theory has been that Le, who founded the Red Scorpions gang, and co-leader Jamie Bacon ordered the killing of a rival drug trafficker.

The Crown alleges Haevischer, Johnston and a third man known as Person X went to carry out the execution but also killed five others, including a fireplace repairmen and a neighbour, to eliminate potential witnesses.

Le testified that the murder plot was Bacon's idea and that he initially objected to the plan before later acquiescing. Le told the court he was shocked when he learned six people were killed.

Le claimed Haevischer and Johnston each confessed on separate occasions.

Buck said Le repeatedly lied to minimize his role in the conspiracy because he knew the Crown would be reluctant to offer him a deal if he admitted having a more central role in the plot. THE CANADIAN PRESS

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It's a hard-knock life for home managers

Dareda Mueller, 56, left, and her son Jordan, 21, wash dishes after the family's dinner together in the home they manage for Showhomes in Tampa, Fla. Showhomes' "home managers" are an elite crew of middle-class nomads who are tasked with keeping the luxury homes they live in so immaculate to the point of not looking lived-in at all. It is, as the company's executives called it, "a very different, very difficult life." To see more photos of how this family lives, scan the picture with your Metro News App.

WILL VRAGOVIC/TAMPA BAY TIMES/THE ASSOCIATED PRESS

Bethesda. Scientists find decades-old smallpox vials in FDA building

A government scientist cleaning out an old storage room at a research centre in Maryland made a startling discovery last week — decades-old vials of smallpox packed away and forgotten in a cardboard box.

The six glass vials were intact and sealed, and scientists have yet to establish whether the virus is dead or alive, the Centers for Disease Control and Prevention said Tuesday.

Officials said this is the first time in the U.S. that unaccounted-for smallpox has been discovered. At least one leading scientist raised the possibility that there are more such vials out there around the world.

The freeze-dried smallpox samples were found in a building at the National Institutes of Health in Bethesda that has been used by the Food and Drug Administration since 1972, according to the CDC.

The scientist was cleaning out a cold room between two laboratories on July 1 when he made the discovery, FDA officials said.

Second incident

- It was the second recent incident in which a U.S. government health agency appeared to have mishandled a highly dangerous germ. Last month, many CDC employees in Atlanta were feared exposed to anthrax.

No one has been infected, and no smallpox contamination was found in the building.

Smallpox was one of the most lethal diseases in history. For centuries, it killed about one-third of the people it infected. Global vaccination campaigns finally brought smallpox under control.

After it was declared eradicated, all known remaining samples of live virus were stored at a CDC lab in Atlanta and at a Russian lab in Novosibirsk, Siberia.

There has long been debate over whether to destroy the stockpile. THE ASSOCIATED PRESS

Oklahoma

iPhone makes trip to Japan before being returned to American owner

An Oklahoma farmer's iPhone that was lost when it fell into a grain elevator has been returned to him unscathed after it was found in Japan.

Kevin Whitney lost the phone in October when it slipped out of his shirt pocket as he was unloading grain from a truck into a silo in Chickasha.

The load travelled to a depot in Convent, Louisiana, and then loaded onto a ship bound for the island of Hokkaido, Japan. A worker at a Japanese facility phoned a counterpart in Louisiana, who then called Whitney in late May asking if he lost an iPhone.

Whitney says he's glad to get the phone back because it had photos stored on it from his daughter's wedding and vacation, and he thought those were lost forever. THE ASSOCIATED PRESS

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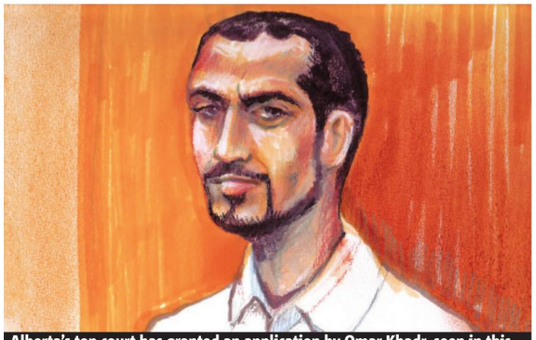

Alberta's top court has granted an application by Omar Khadr, seen in this artist's sketch from last year, to be transferred to a provincial jail.

AMANDA MCROBERTS/THE CANADIAN PRESS

Alberta court orders Khadr transferred to provincial jail

Appeal planned. The federal government says it now will ask the Supreme Court to hear the case

Alberta's top court has granted an application by former Guantanamo Bay detainee Omar Khadr to be transferred to a provincial jail.

The Appeal Court has ruled the 27-year-old should have been serving a youth sentence in Canada.

"We conclude that Khadr ought to have been placed in a provincial correctional facility for adults," The court wrote in its unanimous decision, released Tuesday.

The federal government said it plans to appeal the ruling and it will apply to delay the transfer while it asks the Supreme Court to hear the case.

After spending a decade in Guantanamo Bay, Khadr was sentenced by a U.S. military commission to an additional eight years and sent to Canada. The commission made no distinction between youth and adult punishment or between consecutive and concurrent sentences when it handed him the eight-year term. When he was transferred to Canada in 2012, corrections authorities took him into adult custody.

Khadr's lawyers argued that the eight-year term for crimes that included murder only made sense as a youth sentence and, although he's now too old to be in a youth facility, Khadr should at least be moved to a provincial jail.

THE CANADIAN PRESS

Second state. Washington stores begin sales of recreational marijuana

Washington on Tuesday became the second state to allow people to buy marijuana legally in the U.S. without a doctor's note as eager customers who lined up outside stores made their purchases and savored the moment.

Washington and Colorado stunned much of the U.S. by voting in November 2012 to legalize marijuana for adults over 21, and to create state-licensed systems for growing, selling and taxing pot. Sales began in Colorado on Jan. 1.

Washington issued its first 24 retail licences Monday. An Associated Press survey of the licensees showed only about six planned to open Tuesday. Some were set to open later this week or next, while others said it could be a month or more before they could acquire marijuana to sell.

THE ASSOCIATED PRESS

Chicago

Fourth of July weekend gun violence claims 15th victim

Chicago's Independence Day weekend death toll has climbed to 15 with the death of a man shot just before midnight Sunday.

The Cook County Medical Examiner's Office says 25-year-old William Allen was pronounced dead Monday afternoon.

Allen was one of more than 50 people shot over the long Fourth of July holiday weekend.

The killings continued Monday with the slayings of three people.

The Chicago Sun-Times reports that the latest victim was a 19-year-old woman who was shot in the back by a gunman who rode up on a bicycle and opened fire.

THE ASSOCIATED PRESS

Six Flags

Roller-coaster hits tree branch, leaves riders to hang for hours

A roller-coaster hit a tree branch at the Six Flags Magic Mountain amusement park in Valencia, Calif., Monday, leaving four people slightly injured and keeping nearly two dozen riders hanging six to nine metres in the air for hours as day turned to night.

The coaster hit the branch at about 5:30 p.m. and stopped, said Michael Pittman, a Los Angeles County Fire Department dispatch supervisor. It was nearly three hours later before all 22 of the riders were rescued.

Two people hurt on the incident were taken to a hospital as a precaution, but all the injuries were minor, fire and park officials said. THE ASSOCIATED PRESS

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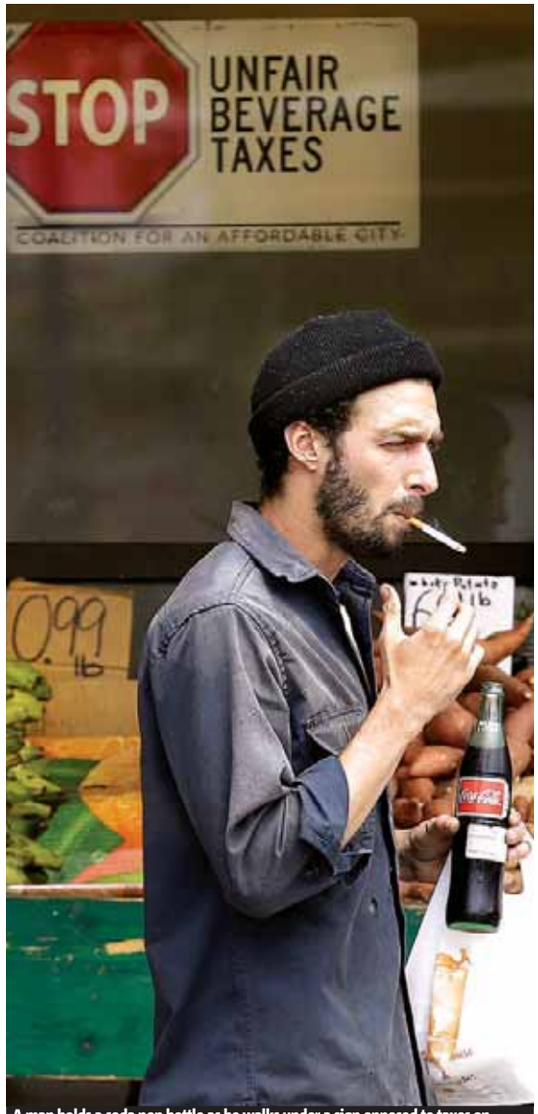
Pop taxes going flat?



A man holds a soda pop bottle as he walks under a sign opposed to taxes on sugary drinks posted in the window of Casa Thai Market in San Francisco Monday.
JEFF CHIU/THE ASSOCIATED PRESS

America. Movement to tax sugary drinks, namely soda, bubbled up in recent years but has gotten sour response

If two of the most progressive U.S. cities don't pass a tax on sugary drinks, will the idea finally fizzle out?

Sugary drinks have been under fire for years, with many blaming them for rising rates of obesity and chronic diseases. Yet efforts to curb consumption by imposing taxes and other measures have failed, in part because the beverage industry has spent millions to defeat the efforts.

Now, the question of whether a bottle of Dr Pepper with 64 grams of sugar should be treated like a pack of cigarettes is being considered in San Francisco and Berkeley, with the two California cities aiming to become the country's first to pass per-ounce taxes on sugary drinks.

The stakes are high, especially given the Bay Area's reputation for liberal politics. If approved, Coca-Cola, PepsiCo and other companies fear it could galvanize health advocates elsewhere. If defeated, the idea of a soda tax could be dead.

"The industry is really motivated to beat us here. If they can beat us in San Francisco and Berkeley, nobody is going to take them on," said Larry Tramutola, the political consultant handling the campaign in support of the tax in Berkeley. The odds aren't in favour of taxes. Since 2009, about 30 special taxes on sugary drinks have been introduced around the U.S. Few have gained traction and none have prevailed.
THE ASSOCIATED PRESS

Proposals

- The San Francisco proposal is for a two-cent-per-ounce tax on sugary drinks and would not apply to milk or natural fruit juices without any added sugars. It needs a two-thirds vote to pass in the November election.
- The tax in Berkeley is for a penny per ounce and needs a simple majority of the vote.

Smoking, soda, sausage

Trading one vice for another

Americans have been cutting back on soda for years, with sales volume down about 13 per cent over the past decade, according to industry tracker Beverage Digest. But other sugary beverages with healthier images have climbed; sports drinks, for instance, are up about 35 per cent.

Taxing a product to discourage use has proven effective with cigarettes. According to the American Cancer Society, there's a four per cent decline in overall smoking rates for every 10 per cent hike in cost. Still, at least one study has questioned how effective a tax on sugary drinks could be since people might just spend their money on other high-calorie foods.

Market Minute

DOLLAR 93.66¢ (no change)

TSX 15,137.18 (-35.75)

OIL $103.40 US (-$0.13)

GOLD $1,316.50 US (-$0.50)

Natural gas: $4.20 US (no change)
Dow Jones: 16,906.62 (-117.59)

Calling in the loan

American Apparel owes $9.9 million to Lion Capital

American Apparel Inc. has received a notice from investment firm Lion Capital demanding payment of a $9.9-million US loan, according to a regulatory filing Tuesday.

Lion Capital is claiming the Los Angeles-based casual clothing chain defaulted under its credit agreement since it ousted its founder and CEO Dov Charney last month. THE ASSOCIATED PRESS

After the Games

Russia going all in on gambling at Sochi facilities

Russia will allow gambling in Sochi in a bid to make continued use of the facilities that were built in the Black Sea resort for the 2014 Winter Olympics.

Russia spent $51 billion US on the Games, leaving many companies that invested in the city wondering how they were going to recoup their money. THE ASSOCIATED PRESS

Potato-salad party?

You like potato, I like potahto — let's have a party!

An Ohio man who jokingly sought $10 US to pay for his first attempt at making potato salad has raised more than $37,000 from a crowdfunding Internet site.

Zack "Danger" Brown says he's now considering throwing a huge public potato-salad party with the money, which started pouring in after his request took on a life of its own.
THE ASSOCIATED PRESS

SO YOU WANT TO BE A LEMONTREPRENEUR ...

JUST SAYIN'

Paul Sullivan
metronews.ca

OK, kids. School's out. The sun is shining. Are you thinking what I'm thinking?

Yup, it's time to open a lemonade stand.

Don't troll your eyes at me, Buster, and listen up. Lemonade stands are a kid rite of passage. Capitalism with training wheels.

It's easy! The barriers to entry are ridiculously low. All you need is a card table, a hand-painted sign and, of course, a big, frosty jug of product.

Don't worry about all those bylaws and regulations you are no doubt violating. At this stage of the game, everyone thinks you're cute because you're eight. If the cops try to shut you down, you post the bust on Instagram and in no time, you're viral.

It's not until you turn into Conrad Black that you have to worry.

You probably won't be surprised, but the Internet is full of advice for budding lemonade magnates. Ten tips for this, 15 tips for that. It gets so complicated, you might as well go straight to a food truck and skip the MBA altogether.

You really need to keep a couple of key points in mind:

Let's face it. Being cute is your primary product. It helps to have big eyes and dimples. The cuter you are, the more you can charge for the lemonade. If you're not cute, find a partner who is. Plus, if there's more than one of you, you're covered if you have to go to the bathroom.

And speaking of pricing, lemonade expert Norm Brodsky (there is such a thing) recommends charging $1.25-$1.50 a cup because you're cute. That's great, but discount pricing is more effective. Start with 99 cents a cup and escalate by 10 cents for every two-degree increase in air temperature. Cute is good, but thirsty is better. Of course, we don't have pennies anymore, but 99 cents still sounds like a bargain to potential customers and everyone's OK with rounding it up to a buck. If things are slow, offer the second glass free. Works at the outlet mall.

My other tip is don't go all artisan on your first try. Fresh-squeezed local organic lemonade may sound good, but it's expensive and labour-intensive. You want to spend your time counting your profits, not squeezing lemons. You're looking for a reliable, tasty product, which is available at your friendly neighbourhood supermarket. Pour the carton into a jug filled with ice, and eureka: fresh lemonade, not from concentrate. Add a little sugar if you like. Works for Coca-Cola.

Not just kiddie stuff

Just sit there and eventually everyone else will pack it in. Trust me, this works too. Even when you're all grown up.

Don't worry about the competition. At this point, it's all about attention span, and you know from experience that the average eight-year-old's is about four seconds. Just sit there and eventually everyone else will pack it in. Trust me, this works too. Even when you're all grown up.

Finally, do not keep cash on hand. Never forget there are big kids out there who have their own business plan.

And welcome to the real world, sunshine!

DUCKING BRILLIANT

Two-week-old ducks swim in a newly planted rice field on Tuesday in Ichikawa, Japan. Duck-rice farming, an eco-friendly alternative to using chemical pesticides, was developed by Japanese farmer Takao Furuno in 1989, who wrote a book about the technique called The Power of Duck. BUDDHIKA WEERASINGHE/GETTY IMAGES

The Power of Duck: The cuter, more eco-friendly way to farm

Developed in 1989 by Takao Furuno, a farmer in Fukuoka prefecture in Japan who rediscovered a 1,000-year-old technique, duck-rice farming allows for the production of healthy and delicious rice while relying on less labour than other methods.

From its beginnings, it has made its way to nearby rice-growing countries like South Korea, China, Vietnam, the Philippines, Thailand, and faraway ones like Iran.

Rice grown using this method is more resistant to typhoons and other problems, and some farmers who have begun using it have called it a "gift from God."

This method is beneficial from a cost standpoint in that farmers will no longer have to purchase expensive chemical fertilizers or pesticides.

And the fact that extra money can be made when the fully grown ducks are sold off is another factor that many find appealing. WEB-JAPAN.ORG

No quackery here

The method involves releasing aigamo ducklings into a rice paddy about one or two weeks after the seedlings have been planted.

- The ducklings help the rice seedlings grow by eating both insects and weeds that get in the way.
- In addition, their droppings become an important source of natural fertilizer.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 12 in Scene, page 16 in Life and page 22 in Sports

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MetroTube

Potential beary scary ending averted

ANDREW FIFIELD
andrew.fifield@metronews.ca

Among the rites of spring and early summer are bears shaking off the cobwebs of a very long sleep and lumbering out into the world in search of some breakfast. Sometimes that search takes them into homes. Sometimes it takes them into vehicles.

However, sometimes it also takes them headfirst into a jar, a situation that can have a very sad end if they get stuck. Which is why we're happy for the efforts of heroes like these Wisconsin gentlemen, who enlisted the help of a tree-lugging hunk of heavy equipment called a forwarder to ride to the rescue. (Vern Styles/YouTube)

MARLENA SLOSS/THE JUNEAU EMPIRE/THE ASSOCIATED PRESS

metro

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Monkey-maker shake up

Suiting up as a simian. Going ape gets simpler as new Dawn of the Planet of the Apes trades time in the make-up chair for the magic of digital

IN FOCUS
Richard Crouse
scene@metronews.ca

Roddy McDowell's 1974 appearance on the Carol Burnett Show was something a little different. How often do you see a big TV star singing a love duet with an ape?

Burnett introduced McDowell as, "one of Hollywood's most familiar faces," then feigned shock when the actor came onstage in a tuxedo, but in full Planet of the Apes facial make-up. McDowell starred in four of the Planet of the Apes films and in the TV series.

For the next few minutes they engaged in some tomfoolery — McDowell says he's been working on his tan in Palm Springs and when asked which of his movies has had the most profound effect on him he sidesteps the obvious and recites a soliloquy from Cleopatra — before launching into a spirited version of the Jerome Kern love ballad They Didn't Believe Me. By the end of the tune the audience roars as Burnett warbles, "When I told them how wonderful you are, they didn't believe me," as she mimes picking a bug off his lapel.

Later she thanks Roddy for undergoing the three-and-a-half hours it took to put on the make-up for that bit of funny business.

It's not likely you'll see Andy Serkis, star of the latest slice of simian cinema, Dawn of the Planet of the Apes, partaking in the same kind of promotional monkey business.

These days Serkis, who is best known for his motion capture performance of Gollum in the Lord of the Rings films, performs on a soundstage in front of multiple cameras that film his performance from every angle. He wears a body suit dotted with spots that allow the computers to register even the slightest movement. Serkis calls this "a magic suit" that "allows you to play anything regardless of your size, your sex, your color, whatever you are." Later, in post production the "digital make-up" adds in the costume and character details.

It saves hours in the make-up chair, but is no less a performance than McDowell's more organic approach. "I've never drawn a distinction between live-action acting and performance-capture acting," Serkis says. "It is purely a technology. It's a bunch of cameras that can record the actor's performance in a different way."

Andy Serkis in Dawn of the Planet of the Apes. CONTRIBUTED

Roddy McDowell in the original Planet of the Apes. CONTRIBUTED

Hair-raising experience

Times have changed since McDowell had to endure untold hours in the make-up chair, then smoke using an extra long cigarette holder so as not to light his faux fur on fire.

- **"It's about a foot long and makes me look like the weirdest monkey you ever did see," McDowell told Newsday.**

AUGMENTED REALITY

→ Want to watch something awesome? Scan this photo with your Metro News app to watch a video of the actors from Dawn of the Planets of the Apes transform into their ape characters.

→ See the full instructions on Metro's Voices page.

By quidditch! Weasley balding, Potter greying

Harry Potter author J.K. Rowling. CONTRIBUTED

Fictional boy wizard Harry Potter made his first appearance in seven years on Monday, featured as a nearly 34-year-old with grey hairs in a new short story by author J.K. Rowling.

In an article on her Pottermore website that is supposedly written by a gossip columnist, Harry and his friends reunite for a tournament of the broomstick-riding game quidditch.

Harry's redheaded friend Ron Weasley is said to be thinning on top while Ron's wife Hermione and Harry's wife Ginny are all featured in the 1,500-word story.

Millionaire author Rowling meanwhile gives a teaser when she writes that Harry sports a new scar on his cheek to go with the lightning-shaped one on his forehead.

"About to turn 34, there are a couple of threads of silver in the famous Auror's black hair, but he continues to wear the distinctive round glasses that some might say are better suited to a style-deficient twelve-year-old," the story says.

There is a further hint of things to come when the story asks whether the "chosen one" is "embroiled in fresh mysteries that will one day explode upon us all, plunging us into a new age of terror and mayhem."

The piece is written as a gossip column by Rita Skeeter of the Daily Prophet, a character from the Potter books who draws on the author's own vocal criticisms of tabloid journalism.

The article is part of a series about the "2014 Quidditch Cup" — a nod to the football World Cup in Brazil — that is set to appear on Pottermore, a website focusing on the boy wizard that launched in 2011.

The final article will be published on Friday, and will see Ginny Potter, now a journalist, cover the cup final, between Brazil and Bulgaria.

Rowling announced in September that she will make her screenwriting debut by penning a series of spin-off films set in the Potter world, starting with Fantastic Beasts and Where to Find Them. AFP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Lawrence ALL PHOTOS GETTY IMAGES

JLaw shows Emma Watson some goofy love with playful shove

Jennifer Lawrence is at it again. The Hunger Games star headed to Paris for the Christian Dior fashion show held during Paris Haute Couture Fashion Week looking lovely as always, though she did risk a wardrobe malfunction by almost flashing a bit of side-boob upon her arrival.

Not that she was at all fazed. Later, with a strategically placed leather jacket added to her outfit, Lawrence showed off her trademark goofiness while posing for photos with Harry Potter star Emma Watson, grabbing Watson's face and shoving it away playfully. That's our girl.

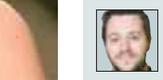
Sofia Vergara

No ifs, ands, or butts, Sofia's got what True Blood star wants

Sofia Vergara apparently didn't want to stay single for long, as the Colombian beauty is reportedly dating True Blood star Joe Manganiello, according to People magazine. "They just started hanging out," a source says, though reps for both are keeping quiet about any shenanigans. Manganiello made no secret about his finding Vergara attractive while she was engaged to ex-fiancé Nick Loeb, though. "There was a picture someone snapped at the White House Correspondents' Dinner where they caught me looking at Sofia Vergara's butt," he previously told People. "I don't go after other people's women. She's got a guy. If she was single, I would be like, poof!" And now he has apparently been like, poof.

The Word

Gibson takes the Mel out of mellowed



NED EHRBAR
Metro in Hollywood

Guys, seriously. Mel Gibson is super-tired of everyone always bringing up his past troubles — specifically that time he got popped for driving under the influence in Malibu, called a female cop some very colourful names and had a few things to say about the Jewish people. But that was, like, a long time ago. "It's behind me. It's an eight-year-old story," Gibson calmly explains to the Hollywood Reporter. "It keeps coming up like a rerun,

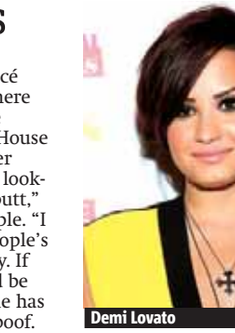
but I've dealt with it and I've dealt with it responsibly and I've worked on myself for anything I am culpable for. All the necessary mea culpas have been made copious times, so for this question to keep coming up, it's kind of like … I'm sorry they feel that way, but I've done what I need to do."

Also on the list of things Gibson doesn't want to talk about? His upcoming projects. "There are specific things, but I don't want to talk about them, you know why?" he said during the warm and fuzzy chat. "Because every time I do somebody else goes and does it. It's a kind of industrial espionage thing and they do it badly for TV."

Kind of makes you wonder why he even sat down for the interview at all. Oh, right. Expendables 3 comes out next month.

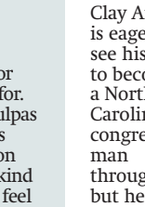
Phone hack leaks are a tempest in a Demi-tasse for Lovato and Valderrama

There are apparently no hard feelings between Demi Lovato and Wilmer Valderrama after his phone got hacked last week, resulting in nude photos of Lovato making their way online — along with snarky comments calling the singer fat. But Lovato was all smiles beside Valderrama in photos posted to Instagram just a few days later of them hanging out in Las Vegas with some friends.



Demi Lovato

Custody battle rattles Clay Aiken's political bid



Clay Aiken

Clay Aiken is eager to see his bid to become a North Carolina congressman through, but he may not like the scrutiny over his personal affairs his campaign is bringing — like a report that he's receiving monthly child support from his son Parker's mom, Jaymes Foster, as they continue a custody squabble over the 5-year-old boy, according to Radar Online. "The two have been in and out of court in Los Angeles over custody issues involving their son for the last two years. It's truly a sad situation. Clay and Jaymes used to be very, very good friends. She pays him a lot of money in child support each month," a source says.

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Ride your bike or a horse on one of the many trails along Alberta's Cowboy Trail. TRAVEL ALBERTA PHOTOS

There are plenty of ways to get wet along the Cowboy Trail, from jumping in a river at Castle Falls Campground, going fishing or paddling white water near Sundre.

Giddy up to the Cowboy Trail

The Rockies. Rolling hills and winding rivers are a perfect backdrop for a hike and other fun activities

JENNIFER ALLFORD
For Metro

You don't have to ride a horse down Alberta's Cowboy Trail — a 700-kilometre stretch of highway that starts west of Edmonton and goes almost all the way down to the Canada-U.S. border — but you can pull off almost anywhere and find one.

Most of the trail runs along Highway 22, just east of the Rockies in the foothills from the agricultural community of Mayerthorpe to Cardston, a town settled back in 1887 by Mormons from Utah.

This is Alberta's ranch country and pretty much all the way down you'll find working ranches, guest ranches, campgrounds, rodeos, powwows, lots of horseback trail-riding operations and of course, plenty of cattle.

You'll also find some of the prettiest country you'll see anywhere — rolling green hills on one side of the road and big blue Prairie skies on the other. If you're lucky, you'll also see one of Alberta's legendary summer storms, where the sun is shining out one window of the car and bouncing off ominous dark clouds out the other. Be prepared to use your sunglasses and your windshield wipers at the same time. You won't want to miss the rainbow.

You should also keep an eye out for cowboys herding cattle and families out for a ride. Wave. If they're not too busy, they'll probably wave back. Take a few days to get from top to bottom and make sure to pop into a town or two along the way for some cowboy poetry or native dancing. Check out local artisans in Drayton Valley, shop for handwoven fabric in Rocky Mountain House, go white-water paddling near Sundre — and stop anywhere for a hike in the fresh air or a chat with a local over a double-double.

Double up, meanwhile, on chocolate scoops at Mackay's Ice Cream in Cochrane. Take a walk to see the life-sized iron statue of a horse and its rider, and watch for riders in bright jerseys and helmets preparing to cycle up the giant hill just east of town.

At Bragg Creek about half an hour down the road, head out to one of the popular trails for a hike, jump on your bike to join a peloton or head for the hills to go mountain biking.

Further south, visit Turner Valley and mosey on up to the Visitor Information Centre to get the lay of the land. If you have trouble finding the building that looks like it's in old Western movie, just look for the Flare and Derrick Community Hall next door. Down the road in Black Diamond, tour some galleries to see the work of local artisans and pop into Marv's Classic Soda Shop for a coke float and a peanut butter burger. In Longview, a little further south, keep an eye out for Canadian country music legend and authentic cowboy, Ian Tyson. If you miss him, you can always stop in to his Navajo Mug for a slice of pie.

Cochrane has your ice cream fix covered. TRAVEL ALBERTA PHOTOS

Speaking of authentic cowboys, you'll learn all about them at Bar U Ranch National Historic Site. At one point, the ranch — which dates back to 1882 — encompassed a massive 157,000 acres to raise cattle and horses. While you're there, take a wagon ride, try your hand at roping some (stationary) steer and hear about Alberta's ranching pioneers. Then head out to see energy pioneers harness alternative energy with row after row of wind turbines near the pretty town of Pincher Creek, the "wind capital" of Canada.

Which just goes to show, you'll find cowboys and then some on Alberta's Cowboy Trail.

Picturesque park more than just designations

Wild life. Waterton is an internationally recognized park, but visitors are more impressed by breathtaking views

As you stand in front of the Prince of Wales Hotel in Waterton National Park, feasting your eyes on the lake that's stretching out in the valley ahead of you, take a second to consider that this gem of a national park at the bottom of Alberta has scored a hat trick of notable international designations.

It's part of an International Peace Park, it's an UNESCO World Heritage site and it's also an UNESCO Biosphere Reserve. Unofficially, but just as importantly, Waterton has been designated by visitors as an outstanding place to go hiking, be gobsmacked by alpine meadows full of wildflowers and mountains that appear to pop out of nowhere.

The lack of foothills leading into the mountains is just one of the unique features at Waterton.

Different lakes and rivers run through it on their way to three different oceans.

It's also, remarkably, home to five different ecoregions — alpine tundra, subalpine forest, montane forest, aspen parkland and fescue grassland. This means you'll find plants from the Prairies to the Pacific Northwest growing in Waterton — in fact you'll find more than half of all the plant species in Alberta growing in the park.

This "unusual rich mosaic of habitats with their associated flora and fauna," is why UNESCO designated Waterton a Biosphere Reserve in 1979, the first Canadian national park to be given the distinction.

But that's not the park's first "first." Back in 1932, Rotary Clubs on either side of the Canada-U.S. border teamed up to get Waterton and its neighbour to the south, the United States Glacier National Park, named as the world's first international peace park.

The Waterton-Glacier International Peace Park was meant to promote goodwill between Canada and the U.S. as well as underscore the international co-operation needed to protect the parks' unique wilderness. The Blackfoot Confederacy has since been added to the mix.

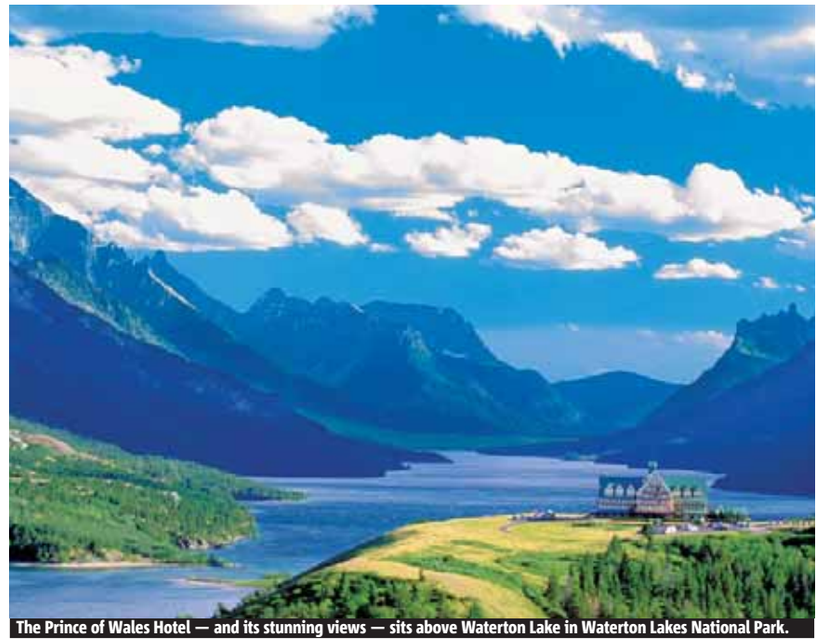
To recognize that co-operative spirit as well as the park's "evolution of plant communities and ecological complexes that occur nowhere else in the world," UNESCO named the Waterton-Glacier International Peace Park a world heritage site in 1995.

There's also loads of wildlife, including birds, mountain goats, bighorn sheep, coyotes, elk, moose and both grizzly and black bears.

And while you'll see plenty of deer roaming around the townsite snacking on green spaces, you won't find lineups of tourists waiting to take pictures in front of Waterton Lake.

So as you take your time taking pictures in front of a waterfall during a hike, you may want to consider adding another designation to Waterton's long and impressive list of important recognitions — the top spot on your list of favourite destinations.

JENNIFER ALLFORD/FOR METRO



The Prince of Wales Hotel — and its stunning views — sits above Waterton Lake in Waterton Lakes National Park.

Waterfalls are common to see along the 255-kilometres of trails in the park. COURTESY GOVERNMENT OF ALBERTA PHOTOS

Hit the hills for some hiking

A couple of hikers make it to the top of the Alderson-Carthew Trail in Waterton Lakes National Park.

Waterton attracts more than big international awards and distinctions.

- Hikers flock to the park to explore a variety of trails in the 526-square-kilometre park. Hardcore hikers take a full day for the 2,300-foot Crypt Lake Trail that starts and ends with a ferry ride and includes a tunnel, cliffs and stunning views of a 600-foot waterfall. Or pop in and out of B.C. on the Akamina Ridge, another full-day hike.
- For people who would prefer a shorter hike, or even just a stroll, there are lots of options among the 255-kilometres of trails in the park. There's also fishing, boating, horseback riding and golfing.

LIFE 3

Set your sights on a stunning Slovenian cycling adventure

Bike and beyond.
Think you're too old to withstand the rigours of an outdoorsy holiday? Nonsense!

RUTH ATHERLEY
life@metronews.ca

All you need is a reasonable level of fitness to pedal through Slovenia. COURTESY BIKEHIKE; AR GALLERY: BIKEHIKE

AUGMENTED REALITY

→ Want to see more? Scan this photo with your Metro News app for a gallery of images of BikeHike's tours of Slovenia and Croatia.

→ See the full instructions on Metro's Voices page.

My first reaction to the idea of taking BikeHike's active adventure tour to Slovenia and Croatia (the Alps to Istria) was: "What?", "Where?" and "Why?"

While I am healthy and reasonably fit, I thought I might be too old (over 40) for an adventure tour.

I couldn't have been more wrong.

In fact, more and more people over 40, 50, 60 and even 70 are choosing tours that take you outside the gates of an all-inclusive and into an incredible, active, authentic and connected experience.

After all, 60 is the new 40!

The fact that BikeHike Adventures is celebrating their 20th anniversary this year tells me that they have a lot of experience with these types of tours.

This tour is defined as "moderate," which means you need a reasonable fitness level because you bike, kayak or hike for up to five hours per day.

The good news is that a support vehicle follows the group in case someone needs a break.

The activity level is enough to make you feel like you accomplished something (and appreciate the glass of wine or cold beer at the end of the day), but doesn't push you beyond your limits. It offers a good balance of activity, relaxation and time to explore local culture.

This eight-day group trip, one of BikeHike's most popular European tours, begins in Slovenia and wraps up in Croatia.

BikeHike's maximum on any trip is 12 people, with a minimum of two, so it is always a small group. The "land only" cost is $2,999 U.S. per person (with no single supplement). It covers almost everything once you are on the ground, including the tour guide, transportation of your luggage, support vehicle, bikes, kayaks, most meals and accommodation.

Slovenia and Croatia are largely undiscovered gems, which means it is still possible to have an authentic, "non-touristy" experience.

The regions visited on this tour are a culinary and wine lover's paradise. They could be compared to some parts of Italy for food, wine and history, but with their own unique and — as yet — undiscovered charm.

Along the way, there is an overnight stay in a mountain hut in the Julian Alps, hiking through green pastures and alpine mountains, cycling and several wine tastings through the Brda wine region (known as "Slovenian Tuscany").

This itinerary goes through lands of castles, vineyards, small white churches and friendly villages.

It is a perfect balance of the road less travelled and the opportunity to step into a magical world full of history and charm — one that hasn't been overwhelmed by tour buses and big groups.

In Croatia, there is more vineyard cycling on the legendary route of the Parenzana, called "The Railway of Wine" — with a rich history of its own. Visiting local villages and medieval towns along the route brings the past alive.

Meeting locals, making friends in the small tour group, and stepping into moments right out of history creates once-in-a-lifetime memories different from anything you could possibly expect.

Sometimes moving out of your comfort zone takes you into amazing experiences that you never could have imagined and, now, never want to forget.

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How-to

ISTOCK

Avoid jet lag

1. If travelling east, go to bed an hour or two earlier for a few nights before your flight. Stay up later if you'll be heading west.
2. Eat lightly the day before and try to get a good night's sleep.
3. Drink more water than you thought possible before, during and after your flight: one litre for every hour in the air.
4. The minute you buckle up, set your watch to the time at your destination, and mentally try to align yourself to that time zone.
5. Skip the booze and the sleeping aids on the plane.
6. Avoid naps at the other end, which tend to just prolong the agony. If you do nap, keep them to 30 minutes.

DOUG WALLACE/METRO

Bucket list

DOUGLAS MACRAE

Stop putting off the trip to India

If you've been thinking about India for a while, but haven't yet made the commitment to yourself, what's the hold-up? Granted, just the thought of the research you need to do is formidable, but once you block out the time (October to April when the temperatures are reasonable and the rains have stopped), you just have to make a list of both the tourist sites and the remote experience-based things that interest you and try for a bit of both. Insight Vacations has this all down pat, with premium guided tours from three to 14 days. Visit insightvacations.com/exotics.

DOUG WALLACE/METRO

New

St. Barths gets even more posh

A fall getaway with the rich and famous in St. Barths? Hotel Saint-Barth reopens this October as Cheval Blanc St-Barth Isle de France, the third in this new hotel chain from luxury goods company LVMH. Its spa is the only one in the Caribbean to offer treatments — and fragrances — from French perfume house Guerlain. Custom-curated itineraries include day tours on a 70-foot yacht, complete with a butler, a lobster luncheon and an on-board spa treatment. You deserve it. Visit chevalblanc.com.

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Making the most of shmoozing solo

Networking without a net. If you're off to a professional event without an entourage, it's best to prepare a plan in advance

JACQUELINE MARTINZ
TalentEgg.ca

Entering any networking event with a clear objective will help you act with purpose. Then you won't have to wait awkwardly for conversations to come to you. ISTOCK

For some people, it's a nerve-wracking situation. Others don't like the small talk.

Even if they make you cringe, networking events are extremely valuable. They are an opportunity to explore the career options in a profession by speaking to those already working in it — and start making professional connections.

Here are a few tips that might also help you.

Do some extra preparation

Whether you're a seasoned networker or a networking novice, it can be a little intimidating to walk into a room full of strangers.

If you're not used to attending events solo, spend extra time preparing.

Try and set some tentative goals for the event. Are you looking to make a connection with a particular person or organization? Is there an industry career question you want to explore with an expert?

It's also a good idea to review your past work experience and identify some of your major accomplishments and interesting experiences — these can come in handy if a conversation ends up focused on you.

Talk to the event organizers

If you have absolutely no idea where to start at an event, just ask the team who put it together.

Try to find out the names of the organizers online before attending the event — that way you know who to look for. Usually, you'll find the organizers near the entrance.

Introduce yourself and thank the organizers for putting the event together, then explain why you're attending.

Help me hustle

If you have absolutely no idea where to start at an event, just ask the team who put it together.

There's a good chance the event organizers will have already connected with a number of people at the event. Ask if they're able to introduce you to someone who might be in your field or working at a company you'd like to learn more about.

Be bold and approach a table

Remember, the purpose of a networking event is to meet new people and increase your connections. There is no reason to be afraid to approach others.

Try to find a table with a couple of empty chairs and politely ask if you can join the group.

Introduce yourself, and contribute to the conversation.

Make sure to listen attentively and ask engaging questions — don't make the conversation about you.

When you decide it's time to leave, don't get up and walk away.

Take a little time to say goodbye to people you had promising conversations with, and make sure you get the contact information of people you would like to connect with later.

And don't forget, be sure to always thank the organizers as you leave the event.

Food for thought

Stand by the bar or near the snacks:

- Don't lurk in a corner! People will notice and you'll attract attention to yourself in a negative way.
- At networking events, most people will travel to the bar or food areas at least a few times. These locations are spots where you can easily start a conversation. Recommend a drink or snack option, and then proceed to introduce yourself.
- If you'd like to hear more from someone about their company or get career advice, ask if they'd like to join you at a table to continue the conversation. If the person has coworkers or friends at the event, tell them you'd appreciate being introduced so you can learn more about different facets of the industry.

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WE'RE OUT THERE. JOIN US.

How to make sure you shine online

Screen yourself. Six ways to make your web presence worthy of praise pre-interview

JUSTIN MATHEWS
TalentEgg.ca

Like any good job seeker, chances are you've done your homework on the company you've just sent an application. But do you know what they'll find when they research you?

It's no secret that employers have taken to Googling potential candidates in order to fill their positions. In fact, 80 per cent of employers Google job seekers before inviting them to an interview. This means ensuring that your online presence is squeaky-clean is a must. Here are six quick steps to get you started.

Google yourself

The preliminary step. You've done it before, you should probably do it again — and continue to do so from time to time. This will give you an immediate assessment of your public digital footprint.

If you aren't paying attention and checking on a regular basis, you may have to scramble to curate your online presence, hoping that no one important has looked you up.

Get public

Being invisible online is a big red-flag to employers, as it may suggest that you have something to hide — or that you have nothing to share.

Your digital footprint or public profile should not only be visible, but readily accessible: this means Linkedin, Twitter, Facebook and/or Google+.

Your presence should also demonstrate activity. Your last tweet shouldn't be from 2011, and you should be doing more than hitting the retweet button.

Have a picture (everywhere)

We all like to place a face to a name. Make sure your online networks and/or website have a professional photo of you. The photo doesn't to be taken by a professional, but should be a well-lit headshot in professional or business casual attire. No passport photos please. It helps to have a consistent headshot across your online networks.

Show your work

An online portfolio not only helps you share your work with the public — it also provides some handy corroboration for the claims you make on your resumé and cover letter. Different platforms exist to help you repackage your skills, experience and past projects in engaging, visually-friendly ways.

You can even reserve your own domain to showcase your online portfolio, particularly if you are a writer, photographer or artist — even if it's just a hobby.

Post professional or PG

Insensitive jokes, inappropriate pictures, hot-topic opinions and badmouthing past and present employers are all sure-fire ways to get fired — or get screened out.

Twitter is a particularly public forum, and employers will routinely scour a potential candidate's Twitter handle to determine if he/she is suitable for the position, as well as the company's working culture.

A rule of thumb: If you can't keep it professional, keep it PG.

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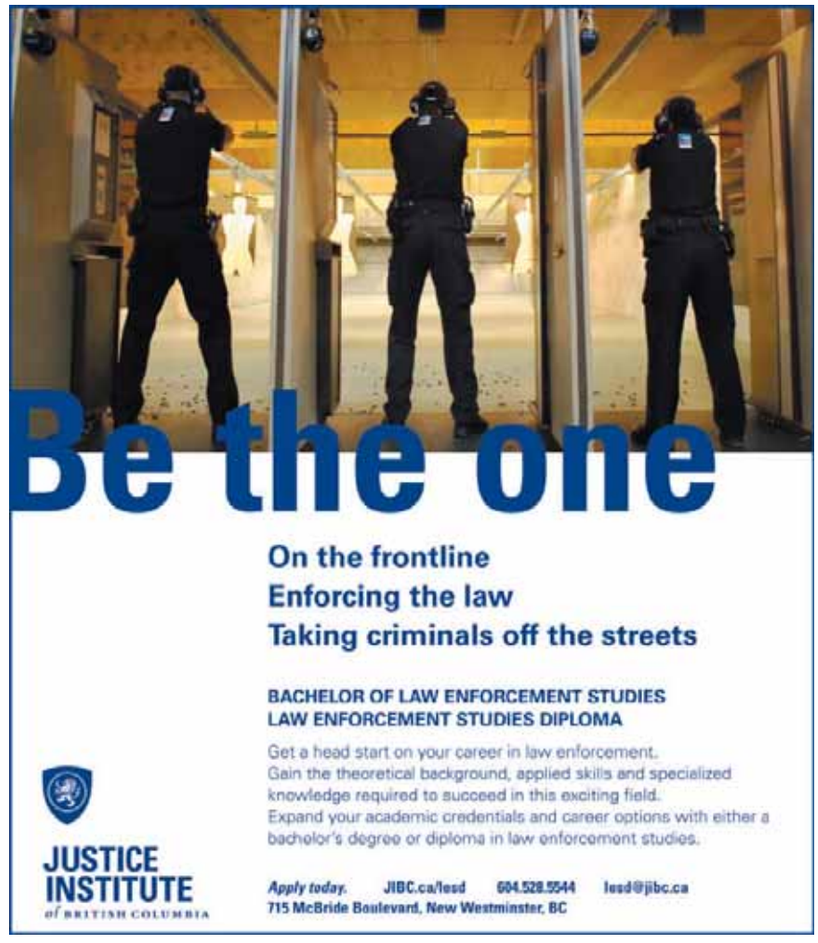
It's all about credibility

The bottom line is that employers are assessing your credibility as a potential candidate.

- Are you the professional you say you are on your cover letter and resumé?
- Remember, employers receive an endless number of applicants and need a reason to weed out and shortlist.
- By assessing your digital footprint, employers can confirm your work experience and accomplishments but can also get an initial sense of who you are off-paper, and whether you're a fit — before the interview process even begins.

Live in the now

Your last tweet shouldn't be from 2011, and you should be doing more than hitting the retweet button.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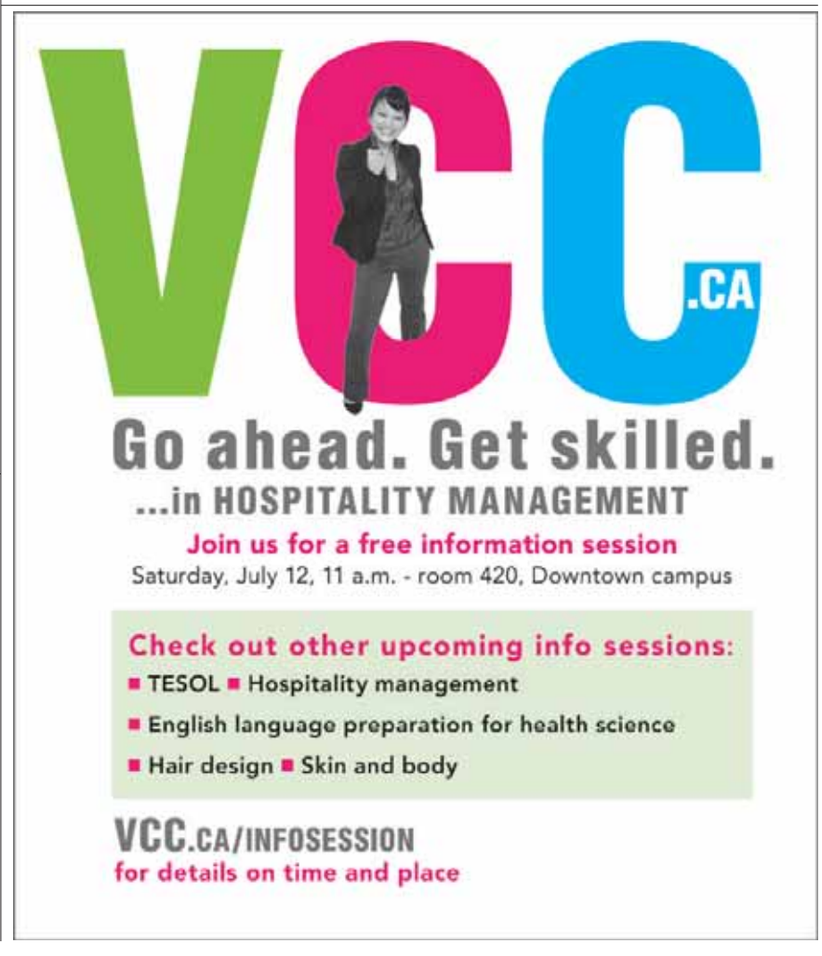
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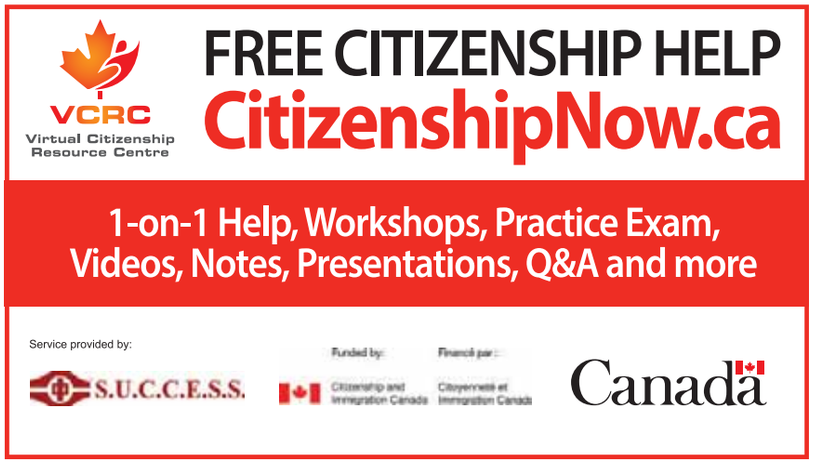

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Face feedback positively and professionally

Reviewing your review strategy. What's the best way to receive constructive criticism from your supervisor?

LAKSHMI GANDHI
Metro World News

Remember that a performance review is intended to be helpful, rather than hurtful. ISTOCK

The annual performance review can be nerve-wracking for even the most confident of employees. And according to a new book by Harvard Law professors Douglas Stone and Sheila Heen, many managers say they hate giving feedback. So how can workplaces break this vicious cycle? Douglas Stone shares these suggestions.

Go into the meeting prepared

"Ask yourself: What's the worst that can happen?" says Stone. "We often have a tendency to exaggerate the extent of the feedback. Let's say I tell you, 'You are singing off-key.' In your head, you might be thinking, 'He's saying that I'm awful and that I might never get another job.' But all I'm really saying is that you are singing off-key."

Ask for specifics

The term "feedback" is so broad that supervisors may not know where to start. "Instead, just ask for one thing," Stone says. "Say you are trying to get better in general, and ask if there is one thing that you should work on."

Say what you mean

Managers should try to be as clear as possible when giving feedback, says Stone. "Take an employee who is told something like, 'You have to be assertive,' or 'Take more initiative.' Those kinds of phrases don't have independent meaning." Instead, he suggests that managers give an example of what they'd like to see.

Take the feedback in good faith

Stone says that there are two reactions most people have to feedback. "No. 1 is that it is upsetting," he says.

"No. 2 is that it is wrong. (So) the question is: Is it wrong or not? We dismiss feedback because we believe it is wrong. Let's say someone says you are aloof, and you think 'I'm not aloof, I talk to my co-workers.' It's important to think of what else that could mean. Ask yourself, 'Am I aloof with the clerical staff? Am I aloof with supervisors?'"

Know yourself

If you think you may have a tendency to take feedback very personally, Stone says it's important to take a step back.

"It's knowing your own patterns of behaviour and being aware that we exaggerate (the severity of the criticism.)"

As for readers who feel like a bad performance review is the end of the world, he says they should do this very simple thing: "Ask yourself, am I always going to feel that way?"

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Frittata Fingers will make you forget forks

Dinner. Cut it up or keep it whole, no matter how you slice it, this easy meal will satisfy everyone at your table

DINNER EXPRESS
Emily Richards
food@metronews.ca

Change things up for a fun and casual dinner that your family will love.

Bake this frittata and cut it up into finger size pieces to serve up as an appetizer or to pack up in a container to take on the road. You can also leave the frittata in larger pieces for the adults but young kids will love the ease they can pick up their dinner with.

Serve them up with a salad for some added crunch and freshness. With sweet summer raspberries in the salad you'll have a delicious ending to your day.

Ingredients

Frittata Fingers
- 2 tsp (10 ml) extra virgin olive oil
- 2 potatoes, diced (about 8 oz/227 g total)
- 1 onion, diced
- 1 green pepper, diced
- 2 cloves garlic, minced
- 3 eggs
- 3 egg whites
- 1 tbsp (15 ml) chopped fresh oregano or 1 tsp (5 ml) dried oregano leaves
- 1/4 tsp (1 ml) fresh ground black pepper

Fresh Raspberry Salad
- 8 cups (2 l) spring mix greens
- 1 shallot, thinly sliced
- 1 carrot, shredded
- 2 cups (500 ml) fresh raspberries
- 2 tbsp (25 ml) extra virgin olive oil
- 1 tbsp (15 ml) red wine vinegar
- 1 tbsp (15 ml) chopped fresh chives
- 1/2 tsp (2 ml) Dijon mustard
- 1/4 tsp (1 ml) pepper
- 1/3 cup (75 ml) slivered almonds, toasted

1. In 10 inch (25 cm) ovenproof nonstick skillet, heat oil over medium heat and cook, stirring often, potatoes, onion, pepper and garlic for 10 minutes or until golden.

2. In a bowl, whisk eggs and egg whites, oregano and black pepper. Pour evenly over vegetables in skillet and move around for egg to sink to the bottom. Place in preheated 375 F (190 C) oven for about 12 minutes or until knife inserted in centre comes out clean and top is light golden. Run a spatula around edge and gently slide the frittata onto cutting board; let cool slightly. Cut into 12 thick finger size pieces to serve.

This recipe makes six servings. EMILY RICHARDS

Fresh Raspberry Salad

Choose fresh spring mix and full ripe raspberries for this salad. Be sure to toast your nuts in the oven or in a dry skillet for optimum flavour.

1. In large bowl combine spring mix, shallot, carrot and half of the raspberries; set aside the other half.

2. Place remaining raspberries in a fine mesh sieve and using a spatula press them through into a small bowl to remove the seeds. Discard raspberry seeds. Whisk in oil, vinegar, chives, mustard, and pepper into the raspberry puree. Drizzle over salad greens and toss to coat. Sprinkle with almonds.

6 tasty shades of green

1. Bring a large pot of salted water to a boil. Fill a large bowl with ice water and have it near the stove.

2. Add the green beans to the boiling water and blanch for 1 to 2 minutes, or until crisp-tender and bright green. Use a slotted spoon to quickly transfer them from the boiling water to the ice water. While the green beans cool, add the asparagus to the boiling water and blanch for 3 to 4 minutes, depending on the thickness of the stalks, until just barely tender. Transfer the asparagus to the ice water with the green beans.

3. Once they have cooled, drain the green beans and asparagus, pat them dry and transfer to a large bowl. Add the snow peas and zucchini.

4. In a small bowl, whisk together the olive oil, shallot, orange zest and juice, vinegar and mustard. Season with salt and pepper. Pour the dressing over the vegetables and stir gently to coat well. For best flavour, allow the vegetables to marinate in the dressing for at least 30 minutes.

This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

5. Serve topped with avocado, manchego cheese, sprigs of dill and a drizzle of honey. THE ASSOCIATED PRESS

Ingredients
- 12 oz fresh green beans, cut into 2-inch pieces
- 1 bunch asparagus, cut into 2-inch pieces
- 1 cup snow peas, sliced lengthwise
- 1 medium zucchini, halved, seeds scraped out, then cut into thin half moons
- 2 tbsp extra-virgin olive oil
- 2 tbsp grated shallot
- Zest and juice of 1 orange
- 2 tbsp sherry vinegar
- 1 tsp Dijon mustard
- Kosher salt and ground black pepper
- 1 avocado, sliced
- Manchego cheese, to serve
- Fresh dill, to serve
- Honey, to serve

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Lions' coach peeved with club's 0-2 start

CFL. B.C. still seeking its first win in Week 3

CAM TUCKER
cam.tucker@metronews.ca

The microphones were on. Mike Benevides was given his platform, and the B.C. Lions' head coach took his message public.

It certainly appeared to be a calculated move. His team is 0-2 and has regressed since the opening first quarter against Edmonton in Week 1.

A 24-9 loss to the Montreal Alouettes last Friday had Benevides steaming several days later.

He addressed everything from the play of his currently struggling starting quarterback Kevin Glenn and his status for Saturday's game in Saskatchewan, to the offensive line, to the running backs, to the defence, to failing to make plays and the possibility of taking playing time away from players if this keeps up.

"Enough's enough," said Benevides. "What I'm talking about is situations that you can make a play, you've got to make those plays."

It appears Glenn will start against the Roughriders.

A visit to rowdy Mosaic Stadium in Regina, where the Roughriders reign, even at the best of times can provide plenty of tension.

Not only are the Lions winless through two games, but for seven out of eight quarters, they've been the second-best team on the field.

"I really don't care about the opponent. It's about us performing better," said Benevides. "There is no need for any extra motivation right now. We suck. We haven't won two games in a row and we need to win right away."

Glenn, a 14-year CFL veteran, has thrown six interceptions in 53 pass attempts. He threw seven picks all of last season. The offensive line has been criticized for not providing nearly enough protection, allowing five sacks against Montreal.

It's an inexperienced group.

Centre Matt Norman, only in his second full CFL season, has the most experience among Kirby Fabien, T-Dre Player and newcomer Ryan Cave.

"I think they are (inexperienced) but it's a challenge when they're not together enough, long enough," Benevides said of the offensive line.

"The hits are too much. So we've got to fix that and we've got to fix that right away. But there's certain plays that he (Glenn) has to make himself. He knows that."

Lions quarterback Kevin Glenn is tackled by Alouettes Geoff Tisdale, right, and John Bowman in Montreal on Friday. B.C.'s offensive line allowed five sacks in the game. GRAHAM HUGHES/THE CANADIAN PRESS

Quoted

"There is no need for any extra motivation right now. We suck." Lions coach Mike Benevides

Dane Fox

Canucks prospect willing to 'pay the price to score'

The number 64 probably never looked so tantalizing to Canucks fans.

That's how many goals prospect Dane Fox scored last season for the Erie Otters in the Ontario Hockey League. He's the only player at Vancouver's development camp this week to have scored more than 50 goals in 2013-14, and he's the only player to reach and go over 100 points.

He also accomplished his breakout season — he had never scored more than 23 goals in a single OHL campaign prior to 2013-14 — as an overage player who was paired alongside 17-year-old phenom Connor McDavid, who could go first overall in next year's draft.

"Couple of those I just closed my eyes, put my stick on the ice and (McDavid) would just hit me," said Fox on Monday.

"Just a little tap-in."

The Canucks, under former general manager Mike Gillis, signed the 20-year-old winger as a free agent in December. He was never drafted.

Vancouver's new general manager Jim Benning is also familiar with Fox, having watched him the last four years in the OHL while an assistant GM with the Boston Bruins.

Can his game that made him so successful at the end of his junior career translate to the NHL?

"He's a hard-nosed guy. He'll go to the tough areas that you need to go to score. He'll pay the price to score goals," said Benning.

CAM TUCKER/METRO

Brazil's Oscar falls to the pitch as the Germans celebrate their 7-1 win on Tuesday in Belo Horizonte, Brazil. Scan the image with the Metro News app to view more images of Tuesday's game. ROBERT CIANFLONE/GETTY IMAGES

The semifinal of schadenfreude

With Neymar out injured, just about everyone in Brazil knew it would be tough against Germany.

Nobody ever expected this.

The Germans tore apart Brazil's porous defence time and time again Tuesday, routing the hosts 7-1 in the World Cup semifinals, the largest margin of defeat at this stage in the history of the tournament.

"We wanted to make the people happy ... unfortunately we couldn't," said Brazil defender David Luiz, who had scored in each of the last two matches. "We apologize to all Brazilians."

Semifinal

Germany	Brazil
7	1

The astounding scoreline is sure to overshadow Miroslav Klose's record-setting 16th career World Cup goal. The strike pushed Klose past Brazil great Ronaldo, who was at the Mineirao Stadium on Tuesday as the Germans advanced to their eighth World Cup final.

Germany will face either Argentina or the Netherlands on Sunday with a chance to win for the fourth time.

Brazil was playing without Neymar, who was ruled out of the tournament with a broken vertebra, and suspended captain Thiago Silva.

The atmosphere at the start of the match was spine-tingling, but the euphoria of the yellow-shirted thousands soon turned to tears as the Germans scored five goals in the first 30 minutes — four of them in a seven-minute span.

THE ASSOCIATED PRESS

Clippers sale

Donald Sterling shows up for trial

Donald Sterling, fighting his wife's planned $2-billion sale of the Los Angeles Clippers, arrived in court Tuesday to give testimony but sat stolidly as a psychiatrist testified that he's mentally incapable of handling financial affairs.

Sterling was ordered to take the witness stand after failing to appear for the start of the lawsuit trial on Monday afternoon. His lawyers are challenging the authority of Shelly Sterling under a family trust to unilaterally cut a deal for the team with former Microsoft CEO Steve Ballmer.

NBA owners are scheduled to vote on the Ballmer deal on July 15. It's also the day that Ballmer's offer is set to expire — and there is no deal without the judge's approval of the sale.

If the sale isn't completed by Sept. 15, the league said it could seize the team and put it up for auction. THE ASSOCIATED PRESS

LeBron has NBA holding its breath

Decision time. No hints about Heat star's future as he takes meetings across the country

LeBron James worked out and had a meeting agenda Tuesday.

In another summer of NBA free agent frenziness, if James knows where he will be playing next season, he still isn't saying.

Asked by The Associated Press how free agency was going when his afternoon meeting agenda was apparently complete, the four-time MVP said "no complaints." He offered a quick greeting, and provided no hints of anything — including when his next decision will be known — before leaving with a wave.

The entire exchange lasted about eight seconds. James, who has been relatively quiet while weighing his options, never broke stride.

He was upstairs in an exclusive part of a Las Vegas hotel Tuesday, holding court for a little more than three hours before emerging in the lobby, walking toward his assembled brain trust — including longtime manager Maverick Carter and Nike representatives, a sponsor of the LeBron James Skills Academy he'll be hosting in Las Vegas starting Wednesday — and got whisked away.

James is expected to meet with Miami Heat President Pat Riley before making a final decision on his NBA future, and a person close to the situation said that meeting had not happened as of Tuesday afternoon. The person spoke to The Associated Press on condition of anonymity because no one has publicly announced the date of the meeting.

Some of James' representatives have met with several teams, including the Cleveland Cavaliers.

Keeping a low profile

While he was on a family vacation, James's agent met with the Cavaliers, Rockets, Mavericks, Lakers and Suns.

After filming a TV commercial in Coral Gables, Florida on Monday, James flew to Las Vegas, which was planned because of his academy. Later this week, he's expected to travel to Brazil for the World Cup final.

He took time Tuesday morning before his meetings to work out with Dwyane Wade, another person close to the situation told the Associated Press. Like James, Wade has also not announced his plans for next season and beyond, though it is still largely expected that the 2006 NBA Finals MVP and three-time champion will remain in Miami.

James' future remains anyone's guess. THE ASSOCIATED PRESS

LeBron James remains tight-lipped on his plans for next season, but it's possible he'll stay put in Miami. J PAT CARTER/THE ASSOCIATED PRESS FILE

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2014 Honda Odyssey

- **Type.** Four-door, 7- or 8-passenger full-size minivan
- **Engines (hp).** 3.5-litre V6 with cylinder deactivation (248)
- **Transmission.** Six-speed automatic
- **Base price.** Base $29,990, as-tested $32,045 (plus destination)

Market position

Only a handful of competitors remain in this segment, and manufacturers offer numerous features — along with incentives — to woo buyers away from alternatives. Honda scores with an excellent powertrain and roomy interior.

Points

- The top-line Touring includes an integrated vacuum cleaner to handle the inevitable minivan messes.
- Improvements to the 2014 model include minor styling changes, four-way power passenger seat on all models, and on the EX and up, a blind-spot display that shows up in the centre screen.
- The set-back front centre console leaves enough floor space so a purse or pack can be kept within easy reach.

The Odyssey handles extremely well, offering a car-like ride.

Interesting features

Rear-view camera, second-row climate controls, eight-way power driver's seat, Bluetooth streaming audio, front-seat anti-whiplash head restraints, three-row curtain airbags with rollover sensor.

This isn't your mother's minivan

PHOTOS: JIL MCINTOSH

Review. The Honda Odyssey offers light steering, a smooth, car-like ride and decent fuel economy

JIL MCINTOSH
drive@metronews.ca

At one time, minivans were the top choice for family vehicles, but they fell out of favour as buyers went to SUVs and crossovers. Still, you can't beat them for moving a full load of passengers and cargo, and Honda's Odyssey is a standout.

It's pricey, ranging from $29,990 for the base LX to a high of $48,050 for the top-line Touring, but you do get a lot of features for the money. My tester was the SE, the next trim up from the base model, at $32,045.

The Odyssey uses a 3.5-litre V6 engine with a nifty cylinder deactivation feature. When you don't need full power, such as when you're cruising at a steady speed, the engine can run on four or even three cylinders to save fuel. It happens automatically, and so smoothly that it's almost impossible to feel the engine switch over. I averaged just 9.2 L/100 km in it, which is pretty good for a van this size, especially since I drove it most of the time with it loaded up.

Honda's Odyssey features power front seats and a removable front console box.

Part of that fuel economy is also due to its six-speed automatic transmission, which is now used on all trim lines. On the 2013 models, only the top-end Touring had it, with all others using a five-speed automatic.

For its size, this minivan handles extremely well, with light but accurate steering, and a car-like ride that's smooth, but not so soft that it wallows around turns.

The Odyssey is definitely designed for practicality. There's a lot of room for accessing the third row, and the seats are very easy to fold flat when you need extra cargo space. The front console box can be taken out if desired, and the middle seat in the second row slides forward so those in the front can attend to a child in that seat.

Even the base trim line includes power front seats, a rear-view camera, Bluetooth, and USB interface. Before you automatically head to the SUVs, give the minivan one more look.

Compare

PHOTOS: CONTRIBUTED

1 Dodge Grand Caravan
Base price: $27,995
The "original minivan" still scores on price and its exclusive fold-into-the-floor second-row seats.

2 Toyota Sienna
Base price:$29,120
Great performance and comfortable ride make this the Odyssey's closest competitor, but it can get pricey.

3 Kia Sedona
Base price: $28,695
Expect deep discounts on 2014s in preparation for the all-new 2015 model's arrival.

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MSRP $17,185** includes freight and PDI

Features available on select models:

- ECO Assist™ and ECON mode (standard)
- Display Audio system with 7" touch screen
- LaneWatch™ blind spot display
- Multi-angle rearview camera
- Proximity key entry with pushbutton start

Model: FB2E2EEX

Model: RM3H3EES

2014 CR-V LX

Lease for **$67**Ω 1.99% APR¥ **$0 down‡** ‹or› **$2,500** cash purchase incentive† on select other 2014 models

Weekly on a 60 month term with 260 payments.
MSRP $27,685** includes freight and PDI

Standard features include:

- HandsFreeLink™ Bluetooth®
- intelligent Multi-Informational Display (i-Mid)
- Multi-angle rearview camera
- Sunroof

2014 ACCORD LX

Lease for **$62**£ 1.99% APR€ **$0 down‡**

Freight and PDI included.
Weekly on a 60 month term with 260 payments.
MSRP $25,685** includes freight and PDI

Features available on select models:

- ECO Assist™ and ECON mode (standard)
- HondaLink™ with audio touch screen
- LaneWatch™ blind display
- Lane Departure Warning and Forward Collision Warning
- HandsFreeLink™ Bluetooth® (standard)
- Rearview camera (standard)

Model: CR2E3EE

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†$2,500 cash purchase incentive is available on select other 2014 CR-V models (LX AWD, EX, EX-L and Touring). Honda cash purchase Incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. ‡In order to achieve $0 down payment, dealer will cover the cost of tire/battery tax, air conditioning tax (where applicable), environmental fees and levies on the 2014 CR-V LX, Accord LX, Civic DX and Fit DX only on behalf of the customer. *Limited time weekly lease offer based on a new 2014 Civic DX model FB2E2EEX. #0.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is $38.91 based on applying $1,075.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $10,116.60. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometers. ΩLimited time weekly lease offer based on a new 2014 CR-V LX 2WD model RM3H3EES. ¥1.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is $66.84 based on applying $1,625.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $17,378.40. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometers. £Limited time weekly lease offer based on a new 2014 Accord model CR2E3EE. €1.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is $62.00 based on applying $1,350.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $16,120.00 Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometers. **MSRP is $17,185 / $27,685 / $25,685 including freight and PDI of $1,495 / $1,695 / $1,695 based on a new 2014 Civic DX model FB2E2EEX / 2014 CR-V LX 2WD model RM3H3EES / 2014 Accord LX model CR2E3EE. License, insurance, registration and taxes are extra and may be required at the time of purchase. ¥/£/€/Ω/#/* Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on the 2014 CR-V LX, Accord LX, Civic DX and Fit DX only. ‡/#/*/Ω/€/¥/£/** Offers valid from July 1st through July 31st, 2014 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

AUGMENTED REALITY

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Follow your instincts wherever they take you and don't worry that you can't yet see your ultimate destination. It's the journey that matters.

♉ Taurus
April 21 - May 21
The grass often looks greener on the other side but the planets warn you should stay right where you are. If you are thinking of changing your job, you are advised to think again.

♊ Gemini
May 22 - June 21
Try not to be suspicious if someone offers you what you really desire today. It could be a trick, but it they could also just want to see you happy.

♋ Cancer
June 22 - July 23
Things may seem dull but that will soon change. The full moon in Capricorn on Saturday will compel you to get serious about something that could change your life.

♌ Leo
July 24 - Aug. 23
Try something you have not tried before. The Sun's link with Saturn, planet of success, indicates that if you make an effort you will accomplish something out of the ordinary.

♍ Virgo
Aug. 24 - Sept. 23
If you've fallen behind in your work, now is the time to catch up. The planets will give you the energy to get things done but don't go too far.

♎ Libra
Sept. 24 - Oct. 23
Others may tell you that your recent good fortune was pure luck but you know better. You are the kind of person who is never satisfied with things as they are. Keep reaching.

♏ Scorpio
Oct. 24 - Nov. 22
At home and work you'll have to watch what you say over the next 24 hours as there are some fragile egos out there. You don't need to make more enemies. Think before you speak.

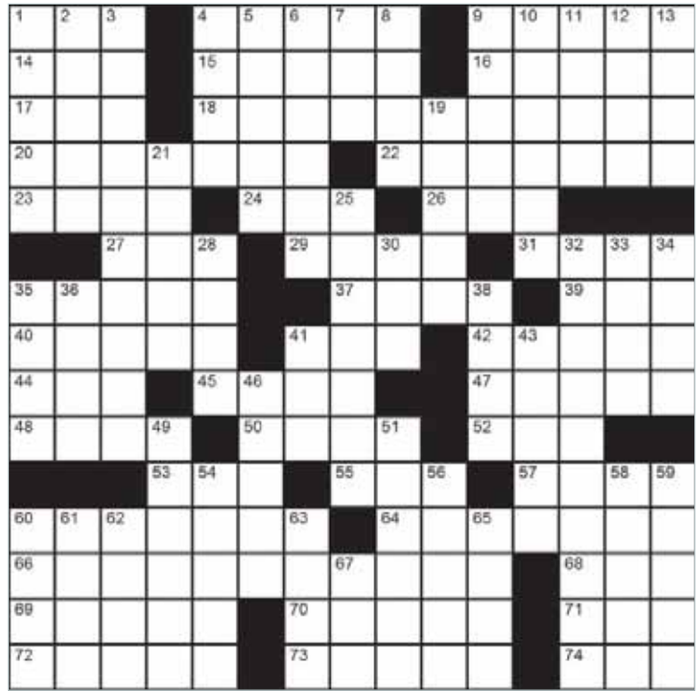
♐ Sagittarius
Nov. 23 - Dec. 21
You may have to get tough, especially when dealing with people who try to play down your achievements, but you'll make a good impression on those who matter.

♑ Capricorn
Dec. 22 - Jan. 20
You don't need to change direction, no matter what people might say. You are where you are meant to be and you are following the path that was designed for you.

♒ Aquarius
Jan. 21 - Feb. 19
The tighter you hold on to something over the next few days, the more painful it will be when the full moon takes it from you during the weekend.

♓ Pisces
Feb. 20 - March 20
If you give up on a project now you will regret it later in the year when you realize how close you were to success.

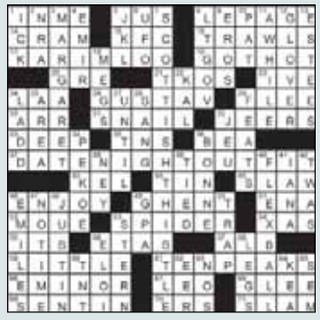
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mil. rank
4. Swedish cars
9. Islamic leaders
14. Irish actor Stephen
15. Permeate
16. Volume units
17. Vase
18. Father of Confederation who has a Toronto college named after him: 2 wds.
20. Patrick of "The Red Green Show"
22. Summery shoes
23. Sweat droplet
24. 'Sub' finisher (Residential area)
26. Compass dir.
27. US teeth docs org.
29. Stupefy
31. __ and void
35. Pesto ingredient
37. __ me tangere (Touch-me-not)
39. New
40. Some Miller beers
41. SSW's opposite
42. E-Mail: Multiple-people-sending
44. "__ to Newfoundland" (The Rock's provincial song)
45. Herman Melville tale
47. Breaching beasts
48. Nunavut, e.g.
50. Curve
52. No
53. 'Eight' ender
55. Ms. Ripa, briefly
57. Frosted
60. "Well done!": 2 wds.
64. Another type of performer at #32-Down
66. Montreal's Mount Royal is part of the __ Hills
68. Pique
69. Stand-up
70. Judy Garland's daughter Ms. Luft
71. Aussie songstress
72. Paper piece
73. Jumbo
74. Keanu character

Down
1. Cookie droplet
2. __ Rock (Gulf of St. Lawrence attraction)
3. Ontario cheese which is Frome's (a British cheese show since 1861) reigning Global Supreme Champion
4. Billboard
5. "Can I have _ __ please?" (Diner's request)
6. On the ship
7. Office, briefly
8. Portions, briefly
9. Literary IDs
10. 'See History Unfold' city in southern Manitoba
11. Old World buffalo
12. Whimper
13. US IDs
19. Painting stand
21. "The Munsters" son
25. Fry bread of Inuit cuisine
28. Too
30. Ms. Saldana
32. Edmonton International Street Performers Festival type of performer
33. Ms. Dunham
34. Chopped tree parts
35. Ink stain
36. Parliament Hill worker
38. PC picture
41. Scand. land
43. Late night's Mr. Ferguson
46. Nobleman's home
49. Power suit accessory: 2 wds.
51. 1976 Joni Mitchell album taken from the Arabic word for Muhammad's journey from Mecca to Medina
54. Expel
56. Reality star Ms. de Lesseps
58. Uncanny
59. Apprehension
60. Lettered trucks
61. "Wooow!"
62. "Lean __ __" by Bill Withers
63. Brussels is its cap.
65. Fly type
67. "There but for the grace of God, __ _."

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3				9		
		4	6		8	5		
7				1				2
	2	1	4		6	7	9	
	3	8	1		2	4	6	
1				8				9
		9	7		3	2		
		5				6		

Yesterday's Sudoku

1	6	5	7	3	4	2	9	8
7	3	8	1	2	9	4	5	6
9	4	2	8	6	5	7	3	1
6	1	7	5	8	3	9	2	4
4	5	9	6	1	2	8	7	3
2	8	3	9	4	7	6	1	5
8	9	4	2	5	1	3	6	7
3	2	1	4	7	6	5	8	9
5	7	6	3	9	8	1	4	2

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